



2020 Nativity Fast Meal Plan

Helpful Hints

- We have based this Lenten meal plan on the [Greek Orthodox Archdiocese of America](#) calendar which not only indicates fast days but also daily Scriptural readings and Saints days. This is a wonderful resource that you can use year long, and you can consult the calendar by clicking [here](#).
- The following legend is found on each of the fasting days: B = Breakfast, L = Lunch, D = Dinner, D&S = Dessert and Snack. Each day during the fast we suggest 3 meals and snack and dessert ideas. Each day is also identified in either Blue, Purple (and underlined) or Red (and underlined) numbers and the significance of each of these is found on the calendar page.
- Some menu items repeat within a given week; this is because we anticipate that you will have left-overs or, if you are feeding many, that you will adjust the recipe amount to ensure you have leftovers. This makes meal prep simpler. Because of this, it is helpful to look through the recipes for the entire week, and plan accordingly.
- We have also considered that many of us work out of the house during the day and therefore we have suggested lunches that can easily be packed up and either reheated, or served cold or at room temperature.
- If you click on the menu items which are in blue and underlined, you will be taken directly to the recipe post on our website.
- If you see a menu item with an asterix (*) next to it, this means that the recipe is included in the group of recipes found in this document, after your calendar.
- The meal plan can be printed out for easy reference, but is ideally used on the computer where you can directly link to the recipes suggested.



November 2020

Dates in Blue: Fish, oil and wine is allowed; no meat, dairy and eggs
Dates in Red: Strict fast; no meat, dairy, eggs, fish, oil or wine
Dates in Purple: Wine and oil allowed; no meat, fish, dairy or eggs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15</p> <p>B: Oatmeal with non-dairy milk L: Black-eyed pea salad D: Orzo with shrimp D&S: Vegan banana bread</p>	<p>16</p> <p>B: Vegan banana bread L: Manestra D: Fried calamari, French fries + Broccoli D&S: Veggies + hummus</p>	<p>17</p> <p>B: Vegan banana bread L: Mason jar salad 1 * D: Chickpea fritters + Maroulosalata + Rice with vegetables D&S: Vegan rizogalo, Veggies and hummus</p>	<p>18</p> <p>B: Fresh fruit, rice cake + almond butter L: Green salad with tahini dressing and mixed nuts D: Fakes (veggies sautéed in water instead of oil) D&S: Toast with jam</p>	<p>19</p> <p>B: Toast + jam + Fruit smoothie * L: Mason jar salad 2 * D: Cod with eggplant and potato D&S: Olives and pita</p>	<p>20</p> <p>B: Cereal with dairy-free milk L: Fakes (veggies sautéed in vegetable oil or water) D: Vegan wrap with sweet potato and black beans * D&S: Dates stuffed with almond butter</p>	<p>21</p> <p>B: Toast + peanut butter and jam L: Calamari with rice D: Yemista D&S: Vegan date cake</p>
<p>22</p> <p>B: Vegan date cake, Fruit smoothie * L: Yemista D: Spanakoquinoa and Grilled octopus D&S: Chocolate halva</p>	<p>23</p> <p>B: Cereal with dairy-free milk L: Fasolatha with tomato D: Pasta with vegetables D&S: Vegan date cake</p>	<p>24</p> <p>B: Toast, Peanut Butter + jam L: Briam D: Calamari and rice D&S: Veggies + fava Chocolate halva</p>	<p>25</p> <p>B: Cereal with dairy-free milk L: Fasolatha with tomato D: Spinach and potato stew D&S: Popcorn</p>	<p>26</p> <p>B: Rice cakes + tahini, honey and pumpkin seeds * L: Stewed green peas D: Maniatiki salad + Vegan spanakopita D&S: Fruit smoothie *</p>	<p>27</p> <p>B: Oatmeal with dairy-free milk L: Peanut butter and jelly sandwich; veggies D: Vegetable minestrone (no oil version) * D&S: Fruit and nuts</p>	<p>28</p> <p>B: Toast, Almond butter + jam L: Vegan spanakopita D: Mussels with red sauce D&S: Loukoumades</p>
<p>29</p> <p>B: Fruit smoothie* + Rice cakes and almond butter L: Roasted cauliflower D: Gigantes plaki D&S: Tiganites</p>	<p>30</p> <p>B: Cereal with dairy-free milk L: Red lentil and bulgur wraps D: Cod with skordalia D&S: Vegan banana bread</p>					



December 2020

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Dates in Red: Strict fast; no meat, dairy, eggs, fish, oil or wine

Dates in Purple: Wine and oil allowed; no meat, fish, dairy or eggs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><u>1</u></p> <p>B: Cereal with dairy-free milk L: Mason jar salad 1 * D: Mung bean soup D&S: Vegan rizogalo, Veggies and hummus</p>	<p><u>2</u></p> <p>B: Fresh fruit, toast + almond butter L: Three bean salad with tahini dressing * D: Vegetable minestrone (no oil option) * D&S: Rice cakes + tahini, honey and pumpkin seeds *</p>	<p><u>3</u></p> <p>B: Toast + jam + Fruit smoothie * L: Mason jar salad 2* D: Black eyed pea soup with kale D&S: Fresh fruit, olives and pita bread</p>	<p><u>4</u></p> <p>B: Cereal with dairy-free milk L: Beans and rice D: Pasta with creamy artichoke sauce * D&S: Tiganites</p>	<p><u>5</u></p> <p>B: Toast + peanut butter and jam L: Pasta with marinara sauce D: Yemista D&S: Vegan date cake</p>
<p><u>6</u></p> <p>B: Vegan date cake, Fruit smoothie * L: Yemista D: Briam D&S: Fresh fruit</p>	<p><u>7</u></p> <p>B: Cereal with dairy-free milk L: Fasolatha with tomato D: Fried eggplant with tomato sauce D&S: Vegan oatmeal cups</p>	<p><u>8</u></p> <p>B: Toast, Peanut Butter + jam L: Briam D: Chili lime shrimp lettuce wraps D&S: Veggies + fava Vegan oatmeal cups</p>	<p><u>9</u></p> <p>B: Cereal with dairy-free milk L: Chickpea soup D: Potatoes yahni D&S: Vegan rizogalo</p>	<p><u>10</u></p> <p>B: Rice cakes + tahini, honey and pumpkin seeds * L: Stewed green peas D: Spanakorizo D&S: Fruit smoothie *</p>	<p><u>11</u></p> <p>B: Fresh fruit, rice cake, almond butter L: Three bean salad with tahini dressing * D: Fakes (veggies sautéed in water instead of oil) D&S: Fruit smoothie *</p>	<p><u>12</u></p> <p>B: Toast, Almond butter + jam L: Vegan spanakopita D: Vegan Stuffed eggplant D&S: Chocolate and strawberry cookies</p>
<p><u>13</u></p> <p>B: Fruit smoothie + Rice cakes and almond butter L: Potato salad D: Gigantes plaki D&S: Tiganites</p>	<p><u>14</u></p> <p>B: Cereal with dairy-free milk L: Peanut butter and jelly sandwich; fresh fruit D: Vegetarian chili * D&S: Dates stuffed with almond butter and coconut</p>	<p><u>15</u></p> <p>B: Fresh fruit, rice cake, almond butter L: Vegetarian chili * D: Mung bean soup D&S: Veggies + hummus, Mixed nuts</p>	<p><u>16</u></p> <p>B: Toast with jam L: Three bean salad with tahini dressing * D: Black eyed pea soup with kale (saute vegetables in water) D&S: Fruit smoothie *</p>	<p><u>17</u></p> <p>B: Toast, Peanut Butter + jam L: Herbed orzo with chickpeas D: Fried calamari + Rapini + French fries D&S: Fresh fruit</p>	<p><u>18</u></p> <p>B: Fruit smoothie* + Toast with jam L: Fakes (veg saute in water) D: Vegetable minestrone * D&S: Nuts, veggies</p>	<p><u>19</u></p> <p>B: Tiganites L: Briam D: Vegan pastitsio D&S: Fresh fruit Apple and raspberry halva</p>



December 2020

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Dates in Red: Strict fast; no meat, dairy, eggs, fish oil, or wine

Dates in Purple: Wine and oil allowed; no meat, fish, dairy or eggs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>20</u></p> <p>B: Bagels with "smoked salmon"</p> <p>L: Youvetsi with chickpeas</p> <p>D: Briam</p> <p>D&S: Fresh fruit + mixed nuts</p>	<p><u>21</u></p> <p>B: Oatmeal with non-dairy milk</p> <p>L: Mixed green salad with tahini dressing</p> <p>D: Vegetarian chili *</p> <p>D&S: Rice cakes + almond butter</p> <p style="text-align: center;">Fresh fruit</p>	<p><u>22</u></p> <p>B: Toast with peanut butter and jelly</p> <p>L: Vegetable minestrone *</p> <p>D: Three bean salad with tahini dressing *</p> <p>D&S: Vegan oatmeal cups</p>	<p><u>23</u></p> <p>B: Toast with almond butter and banana</p> <p>L: Fakes (veggies sautéed in vegetable oil or water)</p> <p>D: Salad with tahini dressing and chickpea wraps</p> <p>D&S: Fresh fruit + mixed nuts</p>	<p><u>24</u></p> <p>B: Oatmeal with non-dairy milk</p> <p>L: Peanut butter and jelly sandwich</p> <p>D: Vegan wrap with sweet potato and black beans</p> <p>D&S: Dates stuffed with almond butter and coconut</p>	<p>25</p> <p style="text-align: center;"><i>Merry Christmas</i></p>	<p>26</p>
<p>Special Mention:</p> <p>In our family, on Christmas Eve we gather and make Lalagia, fried rings of dough from our parents' villages.</p> <p>If you are abstaining from oil until Christmas Day you can enjoy them then.</p>						